

Schweinhaut Senior Center at Forest Glen



Happenings

Wishing you a... Magnificent May 2014



Special May Highlights

- ❖ Join the **Good Times Show Band** on **Monday, May 5 at 1:00 p.m.** for a festival of rock, folk, and lots of fun! We guarantee an afternoon of entertainment plus a boppin' beat for all to enjoy. Dance, Swing, and do your thing!
- ❖ Mini Trips return to our Center this month with our **May Mini Trip on Thursday, May 15th!** This trip will be from 9:00 a.m. to 3:00 pm, and will visit the Pentagon Memorial in Arlington VA, National Place in Washington D.C., and the World War II Memorial. *A full outline of the trip can be found on page 3.* The fee is \$12 per person. Space limited.
- ❖ Enjoy some **Healing Harmonies with Linda Levasseur** on **Monday, May 19 at 1:00 p.m..** Before modern healing became popular, ancient cultures throughout the world were refining music to use for healing and the expansion of consciousness. Linda Levasseur sings and uses a top-of-the-line keyboard as backup for a total musical experience, with a wide range of music that will stimulate your body and mind.

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1000 Forest Glen Road, Silver Spring MD 20901, 240-777-8085
www.Montgomerycountymd.gov/senior

Center Hours: Monday - Thursday: 8:15am to 4:00pm, Saturday: 9:00am to 3:00pm

The Schweinhaut Center is closed every Friday.

The Center will be closed Monday, May 26 to observe Memorial Day.



Potpourri of Programs

An Eclectic Array of Mind-Expanding Experiences for your Enjoyment -
Featuring Lifestyles, Music, Film, Literature, Safety, Health, and more!



Music

Enjoy musical shows that you'll love to listen, dance, and tap your toes to!

The Good Times Show Band

Monday, May 5 - 1:00 – 2:00 p.m.

A festival of rock, folk, and lots of fun music is in store with the upbeat sound of the one and only, Good Times Show Band! We guarantee an afternoon of entertainment plus a boppin' beat for all to enjoy. Dance, Swing, and do your thing!

Healing Harmonies with Linda Levasseur

Monday, May 19 - 1:00 – 2:00 p.m.

Over the years, ancient cultures in Tibet and throughout the world found that music had potential healing powers. Nowadays, we have taken that foundational knowledge and transformed/evolved it to take advantage of modern technologies and theories. Linda Levasseur sings and uses a top-of-the-line keyboard as backup for a total musical experience, with a wide range of music that will stimulate the body and mind.



Movies

Each month we show an exciting selection of movies, for free!

Dream Girls

Monday, May 12 - 1:00 – 3:00 p.m.

Starring Jamie Foxx, Beyonce Knowles, Eddie Murphy, and Jennifer Hudson. Singers Effie, Lorrell, and Deena are discovered at a local talent show by ambitious manager Curtis Taylor Junior, who offers a once-in-a-lifetime opportunity to do an opening for the popular singer James "Thunder" Early. The trio, known as the "Dreamettes", quickly find themselves rising to fame as they cross over the pop charts in the 1960's.



Wellness

Health programs provide health counseling so you can better know your numbers.

HeartWell In Action - Wellness Wednesdays

Wednesdays - 10:00 – 2:00 p.m.

Join our HeartWell Nurse, Leni Barry, and learn about the importance of maintaining a healthy blood pressure and strategies you can practice daily through diet, physical activity, and stress management to manage blood pressure and reduce your risk for heart attacks and strokes. **Sponsored by Suburban Hospital.**



Mini-Trips

Ready for some adventure? Sign up for our exciting Mini-Trips every quarter!

Pentagon Memorial & Vietnam War Veterans Memorial

Thursday, May 15 - 9:00 – 3:00 p.m.

- The May Mini Trip will leave for the Pentagon Memorial in Arlington, Va. at 9:00 sharp.
- A lunch break stop will be at National Place in Washington D.C.
Lunch will not be provided! Please pack a lunch or bring money to purchase a lunch.
- After a lunch break, we will go down to the World War II Memorial where people can see the Korean Memorial, and the Vietnam War Veterans Memorial Wall.
- The bus will return to the Center at 3:00 p.m.

Sign up will be at the Reception Desk. Fee is \$12.00 per person. Space limited.

Coming in June: An artful trip to the National Gallery of Art in the morning, and then the National Portrait Gallery for lunch and viewing in the afternoon.

... And More!

We feature a wide range of other upcoming events to keep you busy and engaged!

Origami, The Art of Paper Folding

Monday, May 5 - 1:15 – 2:30 p.m.

Join the Origami Artisan Trio - Jo Ann, Ban, and Lois to learn how to create delightful designs through the Japanese art of folding paper into decorative forms. This class will be held the first Monday of each month. Free!

Military History & Veterans Discussion Group

Tuesday, May 6 - 1:00 – 3:00 p.m.

This month's topic features Captain Mike Schneider (USN-ret.) speaking about World War II's class of oceangoing cargo vessels, the Liberty Ships, and the Baltimore-berthed S.S. J.W. Brown in particular. This vessel is one of only two remaining ships of this class restored to their WWII configuration (the other is in San Francisco). Captain Schneider was chairman of the non-profit Project Liberty Ship, the owner and operator of the Brown, from 2002 to 2011.

Book Discussion

Thursday, May 15 - 9:45 – 11:00 a.m.

This month's discussion will focus on *Triumvirate: The Story of the Unlikely Alliance that Saved the Constitution and United the Nation* by Bruce Chadwick. Facing a crumbling union and inevitable anarchy, three men formed an unlikely alliance. Faced with a sagging economy, a weak central government, and citizens still reeling from British rule, these bold young men could shape a great nation out of the chaos, but first they have to learn to work together. Led by Evelyn Block.

Brush Up on Your Shakespeare

Tuesday, May 13, & Tuesday, May 27 - 1:00 – 2:30 p.m.

On May 13, the group will discuss *Much Ado About Nothing*. What does "nothing" signify in the play? How do family conflicts affect Beatrice and Benedict?

On May 27, we will watch the DVD version of *The Tempest*, starring Helen Mirren as Prospera. How does the gender reversal complicate the family conflicts in the play?

Work-Out!

The Schweinhaut Center provides a variety of fun exercise classes that will keep you moving.

Activity	Time	Description	Contact	Fee
Senior Fit - Sponsored by Holy Cross Hospital and Kaiser Permanente.	Mon/Wed at 8:30 & 9:30, Tues/Thurs at 9:00, Sat at 9:30	An exercise class designed especially for seniors, focusing on increasing strength and muscle endurance, while improving balance and flexibility.	301-754-7895 Call to request a Physician's Consent Form.	Free!
Better Bones - Sponsored by Holy Cross Hospital	Mon/Thurs at 2:00	This Course focuses on reducing the rate of bone loss and improving balance and flexibility, enhancing well being.	301-754-7895 Call to request a Physician's Consent Form.	Free!
Line Dancing	Mon at 10:45 Sat at 10:30	Join Myung Anderson (Mon) and Jo Ann Eng (Sat) for fun dancing that will keep you moving!	Drop In	Free!
Tai Chi Chuan	Thurs at 10:00	An ancient system of physical and mental harmony; an exercise that emphasizes relaxation, balance, and coordination.	Drop In	Free!
Qi Gong	Sat at Noon	Qi Gong aims to relax your body, calm your mind, and refresh your heart with easy to learn exercises.	Drop In	Free!
Weight Training Sponsored by Suburban Hospital	Tues at 10:00	Next session begins 6/24/14. Designed to increase muscular strength, endurance, range of motion and balance. Bring a mat and hand-held weights.	301-896-3939 Call to register or for more info	\$30 Fee
Ballroom Dance: Free Dance Lessons	Wed at Noon	Bill Goldberg and Ellen Moran provide free dance lessons.	Drop In	Free!
Ballroom Dance: Let's Dance!	Wed at 1:00	Join Bill Goldberg and Ellen Moran for some fun dancing!	Drop In	Free!
Ball Exercise Sponsored by Suburban Hospital	Tues at 11:00	Next session begins 6/24/14. Exercise on a stability ball, engaging core muscles and building balance.	301-896-3939 Call to register	\$30 Fee

Expand Your Horizons

Challenge your mind with our large assortment of fun and social daily activities



Art

Join us to express your creativity in a variety of different ways.

Activity	Time	Description
Ceramics	Tues and Thurs at 9:30	A creative class where bisque and greenware become art! You can purchase dishes, or bring your own. Fee: \$20 per month.
Fun With Creative Art	Wed at 10:00	Explore your own creativity as you enhance your skills with this hands-on class. Discover how to create your own beautiful work!
Woodcarving	Tues at 11:00	Come in and transform simple pieces of wood into beautiful shapes.
Origami	Mon at 1:15	Join Jo Ann, Ban and Lois on the first Monday of each month to create delightful designs through the Japanese art of paperfolding!



Games

Lots of social games are played here regularly, be sure to come and join the fun!

Activity	Time	Description
BINGO!	Mon at 10:30	Win prizes, and have fun! \$1 for 2 Bingo cards.
Duplicate Bridge	Tues and Thurs at 12:30	Play in an ACBL sanctioned game open to all seniors. Please bring a partner and work together to win!
Party Bridge	Sat at 11:30	Play a number of hands and rotate! The highest score will be posted!
Game Day	Tues at 10:00	NEW! Get Your Game On! Play a handful of board games with friends.
Pool Room & Pool League	Center Open Hours	Come on in and shoot some pool! 8-Ball Leagues play on Tuesdays and Thursdays. Pool Room is open to everyone, so come in and play!



Interests

Get together with friends. sit back and further explore your interests.

Activity	Time	Description
Antiques & Collectibles	Mon at 10:00	2nd and 4th Mondays of each month. This month's topics are WWII and military items. No Meeting on May 26th for Memorial Day.
Italian Club	Wed at 10:00	A wonderful group of paisanos share their Italian culture.
Italian Language	Wed at 1:00	Learn about the spoken Italian language as you explore its beautiful culture. Note: Participants must have a working knowledge of Italian.
Encore Choral	Mon at 10:30	For more info call 301-261-5747 or visit www.EncoreCreativity.org
RSVP Yarners	Wed at 1:00	Come create a favorite project. Get ideas and meet creative people.
Quilting & Sewing	Mon at 1:00	If you enjoy quilting and/or sewing, be sure to join this fun-loving group.
Writer's Workshop	Tues at 10:15	Do you enjoy expressing yourself through writing? Listening to authors read their prose? Then be sure to join the Writer's Workshop!
Book Discussion	Thurs at 9:45	3rd Thursday of each month. This month features <i>Triumvirate</i> by Bruce Chadwick. See page 3 for more information.
Brush up on Shakespeare	Tues at 1:00	Meeting 2nd and 4th Tuesdays. See page 3 for more information. Facilitated by Doctor Carol Sokolski.
Just Enough Spanish	Tues at 10:30	Beginning Spanish course taught by Montgomery College. This class will be held in February & April. See page 7 for more info.

Special Schweinhaut Services

The Center features services that are designed with your needs in mind



Nutrition Program

Socialize, Mix n' Mingle, and enjoy a healthy and appetizing meal.

Monday through Thursday, 12:00 noon.

For persons age 60 or older, or a spouse of any age, a voluntary contribution is requested. The full cost of the meal is \$5.49. Guests (including caretakers) under age 60 pay full cost. Please make or cancel your reservations for the bus and/or lunch at Schweinhaut Senior Center- Monday - Thursday, by Noon a day in advance. **Call 240-777-8085 and ask for Nutrition Site Manager.**

The new lunch program features a hot or cold meal, special holiday menus, and monthly sub & baked potato bars! For more information, call 240-777-3810.

Piano Music by Hong Tran, 12:00 - 1:00 p.m.

Hong Tran will occasionally serenade the Lunch Bunch with some piano tunes.



Services

JCA Bus Transportation - Monday Through Thursday



A JCA bus to the Center is available in the neighborhood. For more information, please call 240-777-8085 and ask for the Nutrition Site Manager.

Blood Pressure Screening - 1st & 3rd Tuesdays of each month, 12:30 - 1:30 p.m.

Sponsored by Holy Cross Hospital. The Center offers **free** screenings each month by a qualified nurse.

Fun Facilities

We've got our Pool Room, Work-Out Room, and Network Niche (computers) available for all to come and use. Join a game of pool, use a computer, and get some exercise!

Senior Services in Montgomery County - 2nd Tuesdays, 10:30 - 11:30a.m.

Call Anita Joseph at 240-777-3000 to make an appointment for information about senior services, assistance in obtaining services and benefits, and education about offerings available to seniors.

*** Mobile Post Office service is suspended until further notice.**



Need Assistance?

Coping With Change - Tuesdays, 1:00 - 2:00 p.m.

A discussion group on dealing with life changes and positively coping with them. Facilitated by Jamie Lomason.

Maximizing You! - Thursdays, 11:00 - 12:00 noon

Do something for yourself. Join this enlightening discussion group to discuss issues on aging. Learn to live better, be nicer to yourself, and take care of yourself. Facilitated by Edie Mahlmann, LCSW.

Widowed Persons Support Group - Mondays, 1:00 - 2:00 p.m.

Co-sponsored by the AARP Widowed Persons Service. This group provides support and understanding for people who have lost a spouse during the last two years. To register, call 301-949-7398.



Montgomery County & Montgomery College Partner to Create



Bringing enlightening classes here at the Schweinhaut Center

Just Enough Spanish

Two Classes available:

- **Tuesdays, 10:30am - 12:30pm. starting 2/18/14, ending 4/22/14.**
- **Tuesdays, 10:30am - 12:30pm, starting 4/29/14, ending 6/17/14.**

Join Gustavo Levy and learn pronunciation, basic grammar in the present tense and vocabulary in this beginning Spanish course- just enough to get you started in everyday conversational exchanges.

Fee for Seniors: \$76

Register at www.montgomerycollege.edu/wdce/ce/lifelonglearning.html or by calling 240-567-5188

Community Organization Meetings At The Center

Meeting	Date/Time
South 4-Corners	Monday, May 12, 7:00 – 9:00 p.m.
Stroke Club Meeting	Tuesday, May 13, 11:30 - 5:00
Chic Red Hatters of Merry Land	Wednesday, May 21, 2:15 – 3:45 p.m.
Stamp Club	Tuesday, May 27, 7:30 – 8:30 p.m.
Trout Club	Wednesday, May 21, 7:00 – 9:00 p.m.
Deaf Seniors of Maryland	Thursday, May 15, 10:30 – 3:30 p.m.
Montgomery County Senior Services	Tuesday, May 13, 10:30 – 11:30 a.m.
Wheaton NARFE	Thursday, May 8, 1:00 – 3:00 p.m.
Military History & Veterans Discussion Group	Tuesday, May 6, 1:00 – 3:00 p.m.
Coin Club	Tuesday, May 13, 7:00 – 9:00 p.m.

Greetings and Thanks,

What a joy it is to welcome spring - the flowers, the vibrant colors, and the freedom to get out and go. The season certainly is a mood changer.

It is wonderful to be back at the Center after a three month hiatus. The time off challenged me in many ways and made me tap into strength I didn't realize I had. My husband and best friend (one in the same) passed away in late December and several weeks after his death, I entered Georgetown University Hospital for a total ankle replacement (Yes, they replace ankles!). I want to take this opportunity to thank the Schweinhaut community for their support, their messages, and their caring. I was touched by your compassionate and concerned outpourings. Special thanks goes to my Schweinhaut staff who did a yeoman's job in my absence. They are truly the best!

Enough said about me - let's get on with spring at Schweinhaut. We have received funding to once again offer Mini Trips that will leave from our door. The trips are very popular - Sign up quickly so you can get in on these wonderful traveling experiences. We seek to present varied program offerings - from Broadway to Shakespeare, from Rock to Bach. Join us for the special programs we are planning for you. Your support and interest are key to successful programming. Please let us know if there are offerings you would like to see at the Center -- We are eager to hear from you.

Enjoy each day, and carpe diem.

Smiles on a magnificent day,

Helen



Coming in June 2014



Mark Your calendar for the following programs...

Movie: The Dead Poet's Society

June 2 at 1:00pm

Oscar Nominee Robin Williams stars as John Keating, an unconventional teacher who inspires his students through poetry. When the school fires him, his devastated students rally behind him, mindful of the ways he has changed their lives.

Jesse Palidofsky: One Man Band

June 9 at 1:00pm

Join Jesse for a fun filled hour of your favorite tunes. Playing music from Ellington to Motown, from Nat King Cole and beyond! His soulful vocals, guitar, and harmonica arrangements will get your heart singing and your soul swinging!

Activities To Go: Memorable Museums

June 11 at 10:30am

Come and visit more than 40 memorable museums! From the Sublime, including the Louvre, the Hermitage, and the National Gallery, to the astounding including the underwater MUSA and the frigid Ice Museum, to the ridiculous including Leila's Hair museum and the Burlesque Hall of Fame. This armchair tour is sure to delight! Presented by Activities To Go. Free!

The Retro Rockets

June 23 at 1:00pm

The Retro Rockets return to the Center for your listening and dancing pleasure. One of Baltimore's best retro bands, specializing in music of the 50's, 60's and 70's. The band covers artists such as Chuck Berry, Etta James, The Drifters, Elvis, Del Shannon, and more! Wear your dancing shoes, or just sit back and relax as you enjoy songs like "Goody Goody", "Crazy", "Hand-Jive", and plenty of others.



The Premier Senior Talent Showcase

Celebrating the Creativity of Older Adults, 55+

Join us for an exciting and fun-filled show featuring Montgomery County's most talented senior residents!



Sunday, May 18 - 1:00 -4:00 p.m.

(Doors Open at 12:00pm for Exhibits.)

7719 Wisconsin Avenue, Bethesda MD, 20814

Reserve your seats right away at www.MontgomerysGotTalent.com !

A collaborative effort of the Montgomery County Recreation Department Senior Adults Program, Montgomery County Department of Health and Human Services, Inspired Event Productions, and Haba Entertainment.



Haba Entertainment group

Community Partnerships Make Wonderful Things Happen!

Schweinhaut Senior Center at Forest Glen thanks the following organizations...

The Villages at Rockville, Beacon Newspapers, Woodmoor Pastry Shop, U.S. Postal Service, Holy Cross Hospital, Kaiser Permanente, Suburban Hospital, and AARP

Our Center is continuously seeking new partners to provide more enriching programs and services for our community.